

Rock! RICHMOND

building healthy communities in Downtown

January-February 2013

Monday	Tuesday	Wednesday	Thursday	Friday
		12:00 to 1:00 pm Walking Group Richmond Health Department 400 East Cary St (205-3734)		
5:30 to 6:30 pm Aerobics DSS 900 E Marshall (205-3734)		5:30 to 6:30 pm Aerobics DSS 900 E Marshall (205-3734)		

For more information on the Rock! RICHMOND program, please contact Lee Taylor-Penn at lee.taylor@vdh.virginia.gov or 804-205-3909.